

PRACTICE GUIDE

RAIN Meditation

Four steps to sit with difficult emotions

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." -- Psalm 34:18

RAIN is a mindfulness framework popularized by Tara Brach and widely used in therapy. It's a way to meet difficult emotions with presence instead of avoidance. For believers, it mirrors what God already does -- He sees, allows, investigates with love, and nurtures.

THE PRACTICE

1

Recognize

What is happening inside me right now? Name the emotion simply: 'anger,' 'grief,' 'fear.'

2

Allow

Let it be there. Don't push it away or cling to it. Say: 'This belongs here right now.'

3

Investigate with kindness

Where do I feel this in my body? What does this part of me need? Be curious, not clinical.

4

Nurture

Offer yourself what you need -- a kind word, a hand on your heart, a prayer. God is already holding this.

TIP

After RAIN, pause and notice what has shifted. You don't have to solve the emotion -- you just have to be with it.